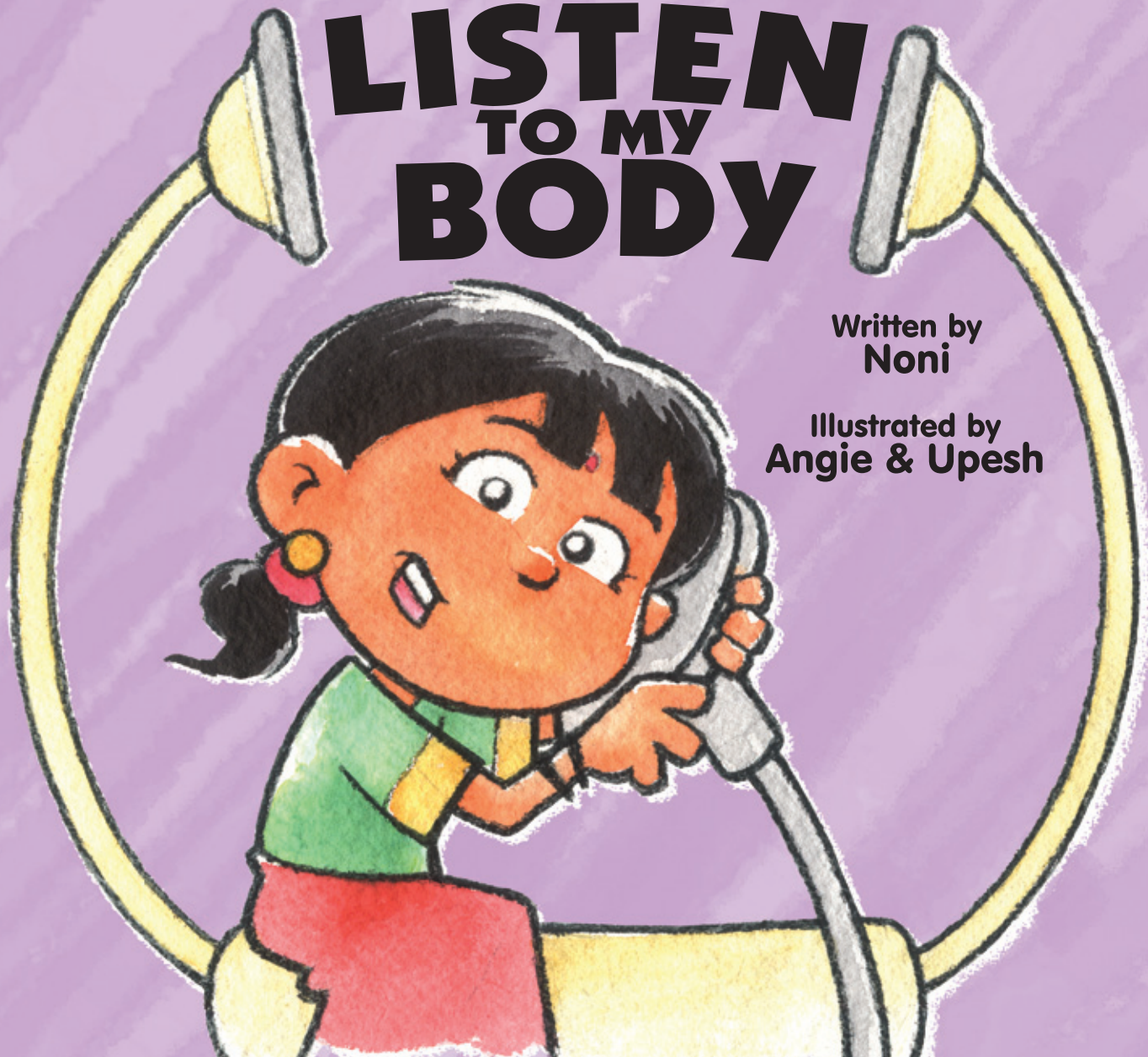




LISTEN TO MY BODY

Written by
Noni

Illustrated by
Angie & Upesh



‘Listen to My Body’ by Noni

Illustrations: Angie & Upesh

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PRATHAM BOOKS

LISTEN TO MY BODY



**Written by
Noni**

**Illustrated by
Angie & Upesh**

Today I am **NOT** going to school.



It is a holiday!



Today I am **not** going to watch TV.



There is no **electricity**
anyway.



What am I going to do?



Can you
hear
your body?



**Today
I am going to
listen to my body!**



First, I have to be quiet. Very quiet.

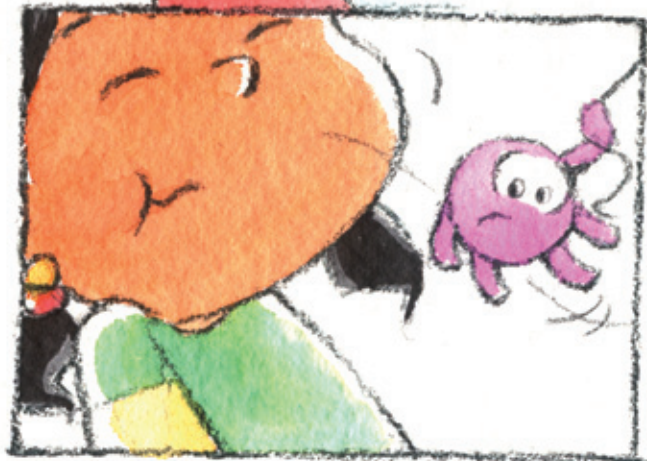


So that I can listen to my own body.



**Yes,
now I can
hear my breath.**

In... out...



in... out...

And I can make my breath noisier ...



Sssssssssssssss !



**And softer
Mmmmmmm.**

**And now
I can hear my heart beating!**

**Doodom,
doodoom,
doodooom.**



Can I make my heart go faster or louder?



**Yes, by jumping
up and down
twenty times.**



Now see, my heart is beating faster.

**Doodom,
doodoom,
dooodoom!**



And if I put my fingers on my wrist

then I can
hear my pulse!



Can
fingers
hear?

And I can hear myself laughing



**Haha
haha
haah
haaa!**



And crying
Boohooooooo!



And clapping

tap

tappa

tap

tapaa.



And most of all -

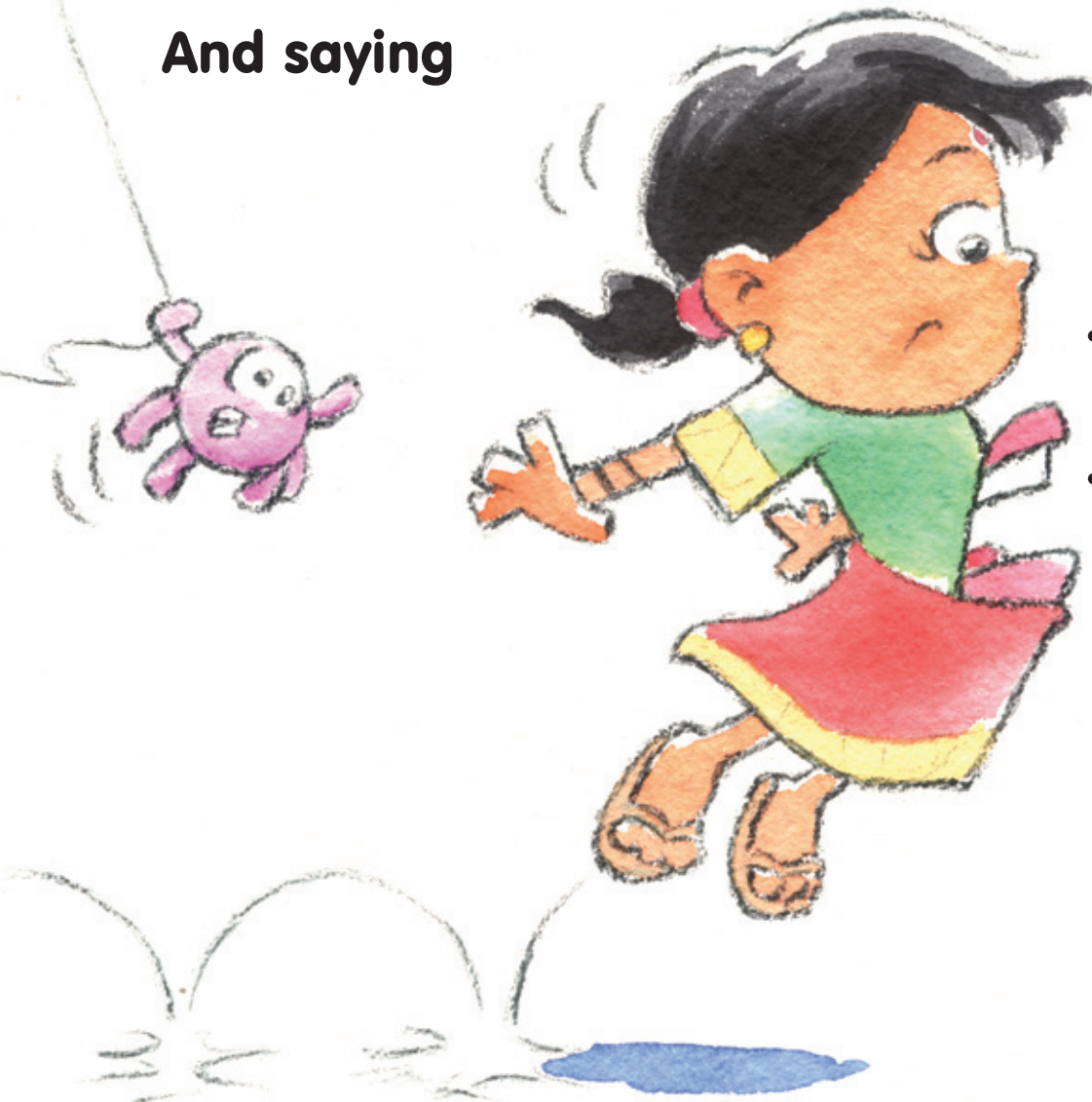
**I can hear my
stomach rumbling**



**Guddu
guddu
guddu...**

And saying

**feed me,
feed me.**



**And my nose can hear jalebis frying
in mother's kitchen.**

Can
noses
hear?



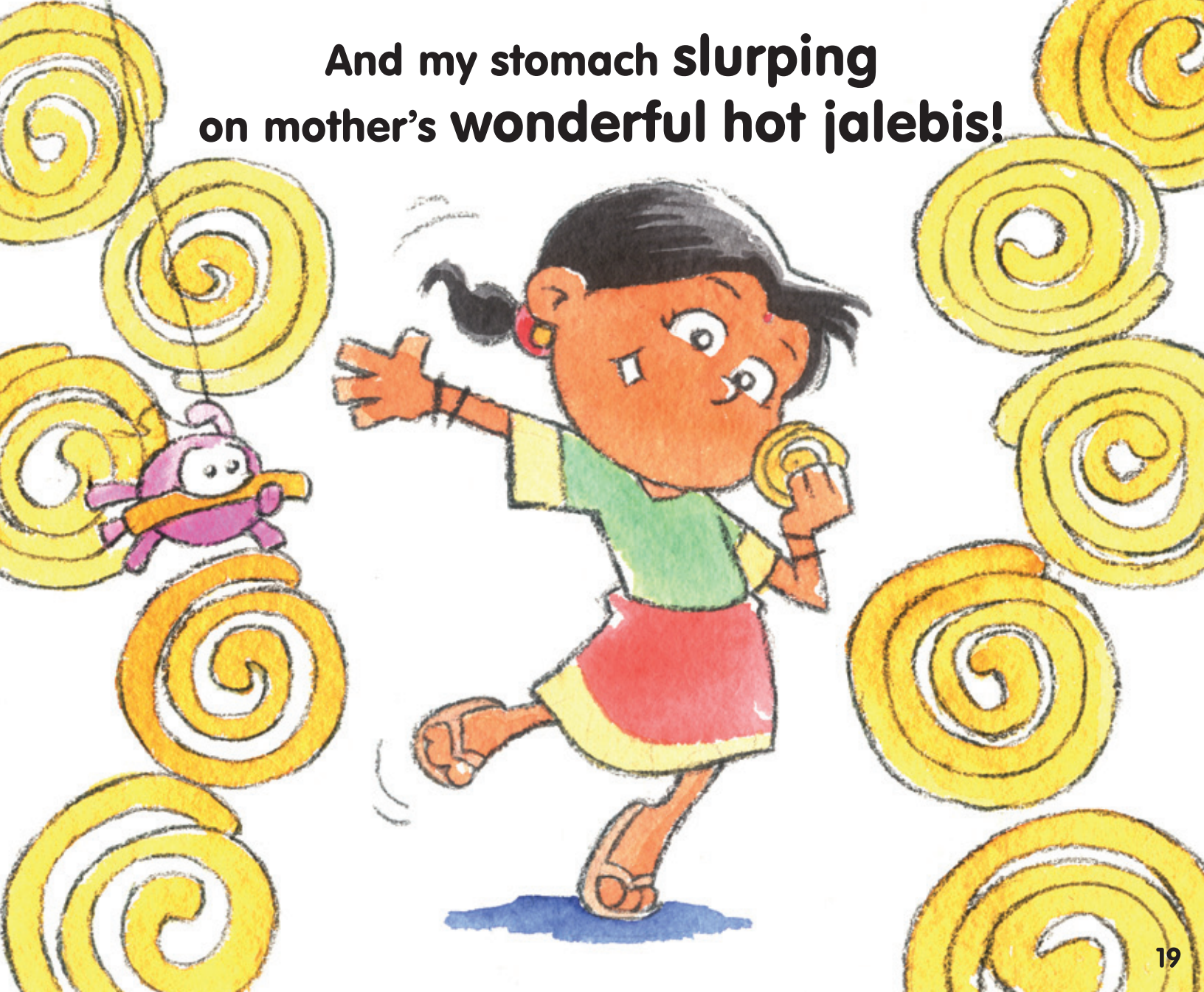
**It is fun
listening to my body.**



**And now
I want to hear
my jaws chewing.**



**And my stomach slurping
on mother's wonderful hot jalebis!**



Match the sounds with the part of the body



Hands

Whistle



Lips

Stomp-stomp



Feet

Clap-clap



Pratham Books was set up in 2004, as part of the Read India movement, a nation-wide campaign to promote reading among children. Pratham Books is a not-for-profit organization that publishes quality books for children in multiple Indian languages. Our mission is to see "a book in every child's hand" and democratize the joy of reading. If you would like to contribute to our mission, please email us at info@prathambooks.org.



Noni is the pen name that Rohini Nilekani uses when she authors books for children. As a child, Noni is what she called herself. Rohini Nilekani is a writer and a philanthropist. She is Founder-Chairperson, Pratham Books.



Angie is a graphic designer and in her spare time loves to keep busy with ceramic.

Upesh is an animator who collects graphic novels and catches up with alternate cinema in his spare time. Together they form 'The Other Design Studio'.

Each of us has a wonderful body.
But have you ever listened to what it tells you?

Learning to read – level by level. This is a Level 2 book.

**Beginning to Read/
Read Aloud**

For very young children
who are eager to begin
reading and listening to
stories

1

Learning to Read

For children who
recognize familiar
words and can
read new words
with help

2

Reading Proficiently

For older children
who can read with
confidence

4

3

**Reading
Independently**

For children who
are ready to read
on their own



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multiple Indian languages to
promote reading among children.

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